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# **INSIDE:**

Youth Sports & Arts Fitness Classes ECFE

Aquatics
Driver's Ed.
Special Events
Adult Enrichment

# **LCWM Community Education**

607 Knights Lane

PO Box 160

Lake Crystal, MN 56055

Phone: (507) 726-2673

Fax: (507) 726-2334

isd2071.k12.mn.us

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# Lake Crystal Area Recreation Center (LCARC)

621 West Nathan Street

Lake Crystal, MN 56055

Phone: (507) 726-6730

Fax: (507) 726-6876

lcarc.com

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## **Andrea Hanson**

Director of Community Education ahansoneisd2071.k12.mn.us

#### Kim Kleven

Early Childhood Coordinator kkleven@isd2071.k12.mn.us

# **Jenny Bierma**

Community Education/ECFE Assistant, Registrations & Facilities jbierma@isd2071.k12.mn.us

# Community Ed. Staff: Community Ed. Board:

# **Linda Leiding** Chairperson

Gail Graupman Trina Driscoll Peter Backstrom Kris Anderson Melissa Dudgeon Shauna Brockmann Trent Hollerich Marcie Larson Jill Antony Larry Schultz Ashley Mosel Jen Ulman

To Register: Registration for all classes and activities is required unless otherwise noted. Class sizes are limited and enrollment is accepted on a first-come, first-served basis. Payment is needed to reserve your spot. Pay by cash (exact change), check, Visa or MasterCard. Early Bird Rates apply only to those that register prior to the deadline.

Publicity Policy: LCWM Community Education reserves the right to use photos and videos for publicity purposes. Those who wish their likeness to not be used can call the Community Ed. Office.

Cancellations: Classes and activities will be cancelled if there is insufficient enrollment. Refunds will be issued.

Registration Cancellations: There are no refunds after the class has started. If class is cancelled because of bad weather or for other reasons beyond control, and classes cannot be made up, a credit voucher will be issued upon request.

Emergency School Closing & Bad Weather: In the event that LCWM Schools are closed due to weather or emergency situations, Community Ed. classes, games and practices are automatically cancelled. Tuition refunds are not given in this situation.

Questions? Call the Community Education Office at (507) 726-2673



# **Our Facilities:**

LCWM Community Education is a part of the LCWM School District. The Community Education office is located at LCWM Secondary School. Community Education courses and programs are primarily hosted at LCWM school facilities, but also occur at other community facilities. Be sure to check the location of your program before arriving.

# **Facilities Rental:**

LCWM district facilities are available to rent. Community members and organizations are invited to apply for the use of district facilities. For more information, contact the Facilities Department.

Phone: (507) 726-2673

Email: facilities@isd2071.k12.mn.us



# Registration Support:

Jenny Bierma is our Registration and Facility Specialist and can help walk you through the process to register online or register you over the phone.

Registration Hours:

LCWM Secondary School, Community Ed Office

Tuesdays: 10:45 a.m.-3:15 p.m.

Wednesdays: 10:30 a.m.-6:00 p.m.

Thursdays: 8:15 a.m.-3:15 p.m.

# Youth Scholarships:

The Greater Mankato Area United Way believes all children should have the opportunity to be a part of youth development activities. We understand that, at times, it may be difficult for some families to find the resources to enroll their children in these activities. The Connecting Kids Initiative can help these individuals. For more information, contact the LCARC at (507) 726-6730 or contact the Community Education office at (507) 726-2673, or email Andrea Hanson, ahansoneisd2071.k12.mn.us

# **Daddy - Daughter Dance:**

Preschool - Grade 5

Just in time for Valentine's Day! Show that little girl how special she is by taking her to the Annual Daddy, Daughter Dance. This night will make any daughter feel like a princess and every father smile ear to ear! Light refreshments will be served. Professional photographs will be available. Please note: Escorts can also be an adult male relative or friend of the family. Formal attire recommended but not required.

Date: Friday, February 7 Time: 6:30 p.m. to 9:00 p.m.

Cost: \$20/couple; \$5 for additional girl Location: LCWM Elementary School Gym Registration deadline: Friday, January 31

#### Mother - Son Sham Rock:

Preschool - Grade 5

Mom, bring your boy's to this ROCKing good time! Light refreshments will be served. Please

note: Escorts can also be an adult female

relative or friend of the family.

Date: Friday, March 13

Time: 6:30 p.m. to 9:00 p.m.

Cost: \$20/couple; \$5 for additional boy Location: LCWM Elementary School Gym Registration deadline: Friday, March 6

# Jungle Boogie:

Come celebrate 13th Annual Jungle Boogie! Ticket prices includes dancing at the "Hippo Hop" to the DJ sounds of Red Hot Entertainment, feasting at the "Crocodile Crunch," reading in the "Zebra Zone," enjoying crafts for kids at the "Leopard Spot," playing a little "Lizard's Luck" at the raffle and scooping up deals at the "Anaconda Silent Auction." There will be numerous non-profits set-up to share information regarding health and fitness, home safety and education.

Date: Saturday, April 4 Time: 4:00-7:00 p.m.

Cost: \$5 per person (including dinner)

\*Under 1 year of age FREE

Location: LCWM Secondary School







# Family Planetarium Night:

Bring your whole family to the planetarium at East High School in Mankato. The whole theater is reserved for us,

but seats are limited, so register soon!

Date: Friday, April 17

Time: 6:30 p.m. to 7:30 p.m.

Cost: \$3 per person

Location: Mankato East High School

The mission of Early Childhood Family Education (ECFE) is to "Grow healthy families through the education and support of all families in providing the best possible environment for the healthy growth and development of their children."

ECFE recognizes that families provide children their first and most important learning environment and that parents are the children's first and most significant teachers. Classes hosted by ECFE will meet in Fall and Spring. You are welcome to join us for any number of terms, and registration will occur prior to the start of each term. Classes with low enrollment will be cancelled. No refunds will be given unless the class you registered for is cancelled. Scholarships are available. Register online, over the phone, (507) 726-2320 or in person Monday-Friday, 8 a.m. - 4 p.m.



#### Read A Latte:

Join us each week with a focus on a different book! In this class each week we will explore art, science, math, music, and much more based on the book adventure of the week! We will always have an infant/toddler area set up to include all ages. This class will separate after week one to include parent education topics and some coffee time!

Dates: Mondays, March 16, 23, 30, April 6, 13 & 20

Time: 10:15 a.m.-11:45 a.m.

Location: LCWM Elementary ECFE Room

Cost: \$35.00 for the first child and half price for

every additional child. Who: Multi Aged Class

# Getting Ready For Preschool:

Will your child be coming to Little Knights Preschool for the first time next school year? We are excited to share this opportunity with you! This will be a parent/child class. You will spend time with each of the Little Knights Preschool teachers, visit their classrooms, and practice some fun routines. Parents will have time to interact with their child and the teachers and also separate for a short time to discuss topics relevant to school readiness.

Dates: Tuesdays, April 7, 14 & 21

Time: 6:00 p.m.-7:30 p.m.

Location: LCWM Elementary Preschool Rooms

Cost: \$10.00

## **Explore And More:**

Join us each week with a focus on a different book! In this class each week we will explore art, science, math, music, and much more based on the book adventure of the week! The focus for this class will be to expose your child to our school environment and meet new friends. This class will not separate for parent time.

Dates: Mondays, March 16, 23, 30, April 6, 13 & 20

Time: 6:00 p.m.-7:15 p.m.

Location: LCWM Elementary ECFE Room

Cost: \$35.00 for the first child and half price for

every additional child. Who: Ages 2 to 5

#### **Great Starts:**

This class is designed to let babies and parents explore and play in our infant/toddler environment. Come explore with new toys, sing new songs, and meet new friends! This class will not separate but will include parent time and discussion each week in the classroom.

Dates: Tuesdays, March 17, 24, 31, April 7, 14, 21

Time: 5:45 p.m.-6:45 p.m.

Location: LCWM Elementary ECFE Room

Cost: \$15.00 per family Who: Ages 0-24 months

# **Early Childhood Screening:**

Screening is a free and simple check of how your child is doing at age 3-4 years. During the screening, well-qualified staff will check your child's vision, hearing, growth, immunization status, skills in thinking, communication and language, large and small motor skills and social/emotional development. The screening is FREE OF CHARGE. Children are required to have had an early childhood screening done prior to entering kindergarten.

Monday, January 27 from 8:00 a.m. to 3 p.m. Monday, March 2 From 8:00 a.m to 3 p.m.

Location: LCWM Elementary School

Parents of children who are eligible for screening will receive a letter inviting them to screen, however, if your child is over 4 1/2 please call us to schedule. All children who have turned 3 years old before November 1, 2019 are eligible for screening. If your child has not been screened or you do not receive information about screening, please contact the ECFE Coordinator at (507) 726-2320.

## Mini Knights Baby Shower:

Congratulations on having a baby! We want to celebrate you and your newborn! Please join us for a morning of socializing with other parents. We will have presenters on topics related to your newborn, vendors and new baby welcome packets full of goodies! Make sure your newborn is on the mailing list by calling the ECFE Office at (507) 726-2320. FREE to anyone within LCWM School District that has had a baby join your family in the past year.

Date: Saturday, February 8 Time: 9:00 a.m.-11:00 a.m.

Location: LCWM Elementary Media Center

Cost: Free!



# **Little Knights Preschool Open House:**

Information for Preschool, Fall 2020. If you have a child who will be 3 years old by September 1, 2020 stop by our open house! You will get a chance to visit with teachers and see the classrooms. Learn about our daily schedules and developmentally appropriate curriculum. If you can't attend, call the preschool at (507) 726-2320 for more information.

Date: Thursday, March 12 Time: 6:00 p.m.-7:00 p.m.

Location: LCWM Elementary School

# Kindergarten Informational Meeting/Roundup:

Date: Thursday, February 20

Time: 6:00 p.m.

Location: LCWM Elementary School

All children who will be 5 years old on or before September 1, 2020 will be eligible to attend kindergarten. Children who will attend kindergarten in the LCWM District should plan to attend this event.

Also, did you know that LCWM has a kindergarten program called Knights Plus? This is designed for those with summer birthdays and are 5 by September 1st, 2020. Please call the elementary office with questions.

# afternoon online! View class descriptions online!

Call our office to find out more about classes and affordable after-school care!

# NEW!

# **Hablo Espanol**

(Grades 2-5) Tuesdays: Feb. 11, 18, 25, March 3, 10, 17 3:15-4:00 p.m.

Cost: \$25 before deadline, \$30 after Registration deadline: January 28

#### **Connect 4 Tournament:**

(Grades K-5) Date: Tuesday, February 4 Time: 3-4:30 p.m.

Cost: \$15 before deadline, \$20 after Registration deadline: January 28

## **Sketch Tiny**

(Grades K-5)
Tuesdays: Jan. 7, 14, 21, 28
3-5 Time: 4:00-4:30 p.m.
K-2 Time: 4:30-5:00 p.m.
Cost: \$32 before deadline,
\$37 after

Registration deadline: December 20

#### **3D Creatures**

(Grades K-5)
Tuesdays: Feb. 4, 11, 18, 25
3-5 Time: 4:00-4:30 p.m.
K-2 Time: 4:30-5:00 p.m.
Cost: \$32 before deadline,
\$37 after
Registration deadline:

January 21

#### Children's Choir

(Grades K-5)
Tuesdays Feb.- Apr.
K-2 Time: 5:00-5:30 p.m.
3-5 Time: 5:30-6:00 p.m.
Cost: \$15 before deadline,
\$20 after
Registration deadline:
January 15

## **Fun with Acrylic Paint**

(Grades K-5)
Tuesdays: Mar. 3, 10, 17, 24
3-5 Time: 4:00-4:30 p.m.
K-2 Time: 4:30-5:00 p.m.
Cost: \$32 before deadline,
\$37 after
Registration deadline:
February 18



# Cats in the Moonlight Acrylic Painting

Grades K-5

Tuesday, March 31 3–4:00 p.m. Cost: \$17 before deadline, \$22 after Registration deadline: March 17

# Watercolor Pencil Pokemon

(Grades K-5)

4 Sessions: April 7, 14, 21, 28 3–5 Time: 4:00–4:30 p.m. K-2 Time: 4:30–5:00 p.m. Cost: \$32 before deadline, \$37 after Registration deadline: March 24



# Save the Date!

# **Spotlight Dance Company Presents:**

# Winter Showcase:

Sunday, January 26. Shows at 1 p.m. & 3 p.m. LCWM Secondary School Cafetorium

# **Spring Recital:**

Sunday, May 3. Shows at 1 p.m. & 4 p.m. LCWM Secondary School Cafetorium

Tickets will be for sale at the door and during dress rehearsals the day before.



# Soccer Registration Night

# Monday, March 2nd in the LCWM **Elementary Cafeteria**

**Registration Deadline for** 

all soccer levels: March 6

- Youth Soccer Parent Meeting at 6:00 p.m.
- Soccer Club and League Parent Meeting at 6:30 p.m.

Grades K-3

Youth Soccer:

Through a series of practices and games against other boys and girls in your age-group, you will get a chance to learn the basics of the world's most popular game.

#### Soccer 1:

Current Kindergarten & Current Grade 1

#### Soccer 2:

Current Grade 2 & Current Grade 3

Practices begin the week of April 6, but dependent on field and coach availability

#### **Game Dates:**

April 23, April 28, April 30, May 5, May 7 and May 12 (make-up day - May 14)

Game Times: 6 p.m. or 7 p.m.

Cost: \$30 before deadline, \$35 after

\*Must be registered by March 6 to receive a team shirt

Volunteer coaches are needed. Please contact the Community Education office at (507) 726-2673.



Join the soccer club to build on the fundamentals of the game and to be able to play a little more competitively as a team. Our purpose is to promote good sportsmanship, teamwork, achievement, excellence, self-confidence and fun for players and their families through the game of soccer.

Cost: \$65 before deadline, \$70 after Uniforms may be purchased or rented. **Soccer League:** 

Grades 7-8

This league is for older youth in Lake Crystal who still love the game and want to continue to hone their skills and be a part of the game in the spring! Cost: \$65 before deadline, \$70 after Uniforms may be purchased or rented.

Practices begin the week of April 6, but dependent on field and coach available. Mondays, Tuesdays and Thursdays 5:30 p.m.-7 p.m.) Games: Begin in May an Light travel is required. Games are played Monday-Saturday.



# Summer Ball Registration Night



# Monday, March 16th

Ball-Basics/T-Ball/Mini-Ball Parent Meeting at 6:00 p.m. Baseball Parent Meeting at 6:30 p.m.

# Ball-Basics/T-Ball Combo: Boys & Girls, Entering Kindergarten or Knights Plus Fall 2020

The first two Tuesdays will be a series of stations where participants will learn the fundamentals of catching, throwing, hitting and base running. In order to learn the activities and be able to practice at home, parents will be active participants with their child. One adult (parent or guardian) must accompany the participant to the program these times. The students will then split into

T-Ball teams for the remaining Tuesdays, June 9, 16, and 23. On these days they will play parent coached T-Ball games. (volunteer coaches needed)

Dates: Tuesdays, May 26, June 2, 9, 16, 23

Time: 6:00 p.m.-7:00 p.m.

Location: LCWM Elementary School Field Cost: \$30 before deadline, \$35 after

Registration Deadline: May 21

# **NEW!**

#### Mini Baseball:

#### **Current Kindergarten/1st Grade**

Through a series of practices and games against other kids in your age group, you will get a chance to learn the fundamentals of playing the game of baseball.

Practices begin the week of May 18th and are dependent on field and coach availability.

Game Dates: June 1, 3, 8, 10, 15 and 17 (Make-up

dates: June 22 & 24, as needed)

Game Times: 6 p.m. or 7 p.m.

Cost: \$30 before deadline, \$35 after

Must be registered by March 20 for a team shirt. Volunteer coaches are needed! Please contact the Comm. Education office at (507) 726-2673.

## Baseball:

#### **Current Grades 2-6**

Participants will play in a summer baseball league and play games against different community baseball teams.

Practices begin the week of May 4th and are dependent on field and coach availability.

Cost: Grade 2 & 3 - \$65 before deadline, \$70 after Grade 4, 5 & 6 - \$70 before deadline, \$75 after Must be registered by March 20 to receive a team shirt!



The Lake Crystal Area Softball Association (LCAFA) and Community Ed. are proud to partner in offering softball players the opportunity to work on skills over the winter months at an open gym in the Lake Crystal Secondary School! Players can stay for as little or as long as they want during the 2 hour open gym. Players do not need to come every Sunday- come as your schedule allows.



**Dates:** February 2, 9, and 16 and March 1, 8, 15, 22, and 29. **Time:** 3:30 p.m.-5:30 p.m. at the Secondary school gym Cost: Registration is \$5/player and registrations may be placed online through Community Education or by calling Community Ed. at (507) 726-2673

PLEASE NOTE

This is available to girls who have played at least one year of LCAFA softball. This is NOT a "drop and go" open gym. Parents are strongly encouraged to stay and work with their daughter at various stations that will be set up by LCAFA board members. Older, more experienced girls can come with a partner to work on the stations as a pair. There will be a few board members/coaches present to help direct and help with technique, but they will not be running the stations.

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# **MUSIC LESSONS**



**GUITAR TEACHERS:** 

JAN STEINBERG

(507) 726-2320

AIDAN GRAVELLE

(507) 995-6020

**PIANO TEACHERS: AMELIA LAWVER** 

(507) 341-4580

**HOLLY HAVEMEIER** 

(507) 202-2873

**KARA BARENTS** 

**(**715) 773–0488

PLEASE CONTACT INSTRUCTORS DIRECTLY FOR AVAILABILITY AND PRICE!



#### Yoga:

Grades 3-6

In this session, students will learn simple breathing techniques that will assist in slowing down the nervous system, developing self-control and connecting students with their feelings. We will explore yoga poses that will release energy, develop strength, concentration and self confidence. Students will engage in games and processes that develop patience, mindfulness, compassion, leadership and other social/emotional skills. We will also work with relaxation techniques to help calm the body and mind, while integrating a physical, emotional and cognitive experience.

\*Healthy snack included. Instructor: Kelly Brandon Location: LCWM Elementary

Date: Tuesdays, January 7, 14, 21, 28

Time: 3:15 p.m.-4:00 p.m.

Cost: \$40 before deadline, \$45 after Registration deadline: January 2

# Mt. Kato Tubing Trip:

Grades 1-8

Looking for something for your student to do on a non-school day? Come tubing with us at Mt. Kato!

Date: Monday, January 20 Time: 12:30 p.m. to 3:45 p.m.

Location: Meet at LCWM Elementary School

Cost: \$20

Registration deadline: January 10

## Freestyle & Greco-Roman Wrestling:

Grades K-12

Interested in the Olympics? Come wrestle Freestyle and Greco Roman. This is international style wrestling. Come wrestle with the best in the Area!

Location: LCWM Secondary School Wrestling Gym Dates: Tuesdays & Thursdays, March 10 - May 14

Time: 6:30-7:30 pm for K through Grade 4 6:30-8:00 pm for grades 5 through 12

Cost: \$75 before deadline, \$80 After Registration deadline: March 3

## **Babysitters Training:**

Ages 11-15

Ready to babysit? The purpose of the American Red Cross Babysitter's Training course is to provide youth ages 11-15 with the information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This training will help participants develop skills in leadership, professionalism, basic care, safety and safe play and first aid. Class fee includes a textbook. Participants should bring a bag lunch and beverage.

Location: LCWM Secondary School Room 205

Date: Monday, February 17 Time: 9:00 a.m.-3:30 p.m.

Cost: \$70 before deadline, \$75 after Registration deadline: February 3



HELPING KIDS in our LCWM Community stay "afloat" is important to us here at Community Ed. We know that a child's ability to be a part of programs is important to their well being and we want to help make sure they feel they belong.

We are looking for people in our community willing to help sponsor kids in our programs on a regular basis. Please contact Andrea Hanson at ahanson@isd2071.k12. mn.us or call the office if you are willing to help in a big or small way!



## **High School Driver's Ed:**

This course is designed to prepare the first-time driving student with the information and knowledge required to pass the Minnesota Driver's permit test and the Minnesota Class D Driver's License test. This class requires the student to complete 30 hours of classroom instruction and 6 hours of behind the wheel instruction. These hours are mandated by law if a student under the age of 18 is to acquire a Drivers Permit or License.

Location: LCWM Secondary School Rm 205

Dates/Times:

Saturdays: January 25, February 1, 8, 15, 22, 29,

March 7, & 14, 12:30 p.m.-3:30 p.m, Monday March 9, 3:30 p.m.-6:30 p.m,

Monday, March 16, 3:30 p.m.-7:00 p.m.

Parent Meeting:

Monday, March 16, 5:30 p.m.-7:00 p.m.

Behind the Wheel appointments begin in mid-April

Fee: \$350 (\$150 is due at pre-registration) The balance is due at the completion of the classroom instruction.

Registration Deadline: January 17

MUST BE 15 years old by May 1, 2020 Students need to bring a pen or pencil and a notebook to class.

# Trap Shooting:

Grades 6-12

Join the High School Trap Club! There will be an informational meeting for kids and parents at the Nicollet High School in January. You must have or be in the process of getting your firearms safety certificate. If you can't attend but are interested, please contact coach Skip (507) 382–3467. Watch the school bulletin for more information



# Spring Volleyball:

Want to play volleyball in the spring? We participate in a competitive U12 & U14 volleyball league in March and April. Matches are played at area schools including:

Mankato, Sibley East, New Ulm and others.

Game Dates: Saturdays, March 21, 28,

April 4, 18, & 25

Game Times: Usually 8:30 a.m. - 1 p.m.

Fee: \$45 before deadline, \$50 after

Age groups: 6th grade (U12's) & 7/8th grade (U14's) Note: If there are enough players for 2 teams, the teams will be separated by ability, not grade.

Registration Deadline: February 7

# MNSU Rock Climbing:

Grades 6-12

Visit the rockclimbing tower at MNSU for a private climb. Private climbing events last 3 hours total in length, are fully staffed and include instruction. Liability Forms and Medical Information Form required to be able to attend and will be sent to participants.

Location: Meet at LCWM Secondary School

Date: Monday, February 17

Time: Bus Leaves at 8:30 a.m, returns at 12:30 p.m.

Cost: \$20 before deadline, \$25 after Registration deadline: February 3

## Holiday Cookie Bake & Take:

In this hands-on class you will be working in pairs. You'll be provided with ingredients, the recipe for the dough, and everything you need to form, trim, and decorate the cookies. Bring your own apron if you like. And most important, don't forget to bring containers to carry home your six dozen treats. We are sorry, we cannot accommodate peanut allergies in this class.

Location: LCWM Secondary School

Date: Friday, December 6

Time: 6:30 p.m. Cost: \$25

Limit 12 people

# Defensive Driving 4 Hour Refresher Class:

Drivers over age 55 are eligible to receive a 10% discount on their auto insurance after taking these classes each three years. Classes are interesting and informative, including videos and discussions which enable participants to learn about the latest in safe driving techniques, automotive technology, new laws and fuel efficiency. There are no written tests or behind the wheel instruction.

Location: LCWM Secondary School

Date: Wednesday, January 15 or Monday, March 30

Time: 5:30 p.m.-9:30 pm

Cost: \$26



# **Industrial Welding:**

Students will learn the latest welding skills that Southern Minnesota industrial companies are seeking from qualified welding applicants. Skills include: welder set-up, welding gun maintenance, metal preparation, basic welded joints and weld evaluation. Participants will receive a skills completion certificate upon completing the course.

Dates: March 23, 24, 30 & 31 Times: 5:00 p.m.-8:00 p.m.

Fee: \$200 (includes welding gloves, sleeves and

safety glasses)

Location: LCWM Secondary School Ag Room

Minimum/Maximum: 4

Please note: Total class time is 12 hours. Each session meets for 3 hours during a 4 day period.

# Intro To Plumbing:

This hands-on class will expose students to the basic concepts of plumbing like replacing a faucet, taking apart a sink drain pipe, and how to solder plumbing.

Location: LCWM Secondary School Date: Mondays, February 3, 10 & 17

Time: 6:00 p.m.-7:30 p.m.

Cost: \$50

# Small Appliance Repair:

Students enrolled in this class will learn basic and common repairs of appliances found in the home. No materials needed, all are provided in this hands-on learning of a trade that is currently in demand!

Location: LCWM Secondary School

Date: Tuesday, February 18 Time: 6:00 p.m.-7:30 p.m.

Cost: \$35

Notice: The activities offered at this location are operated by an independently organized nonprofit organization that operates a Big Ideas, Inc. trade education program, not by Big Ideas, Inc., itself. The independent nonprofit organization alone is responsible for the operation of the activities at this location. Big Ideas, Inc. trademarks, logos and designs are used by the independent nonprofit organization under a license from Big Ideas, Inc.

# CALLING ALL MOTHERS YOUNG AND OLD!

TO YOUR MOTHERS

Join Community Ed. as we bring in speaker, doula, and mom of boys Sondra Doty to our

# MOM TO MOM

event on APRIL 18th and talk and laugh about our "GREAT EXPECTATIONS"!



REGISTRATION IS \$10 ONLINE OR \$20 AT THE DOOR. **CALL COMMUNITY ED. AT (507) 726-2673 OR VISIT OUR WEBSITE FOR MORE INFORMATION!** 



80'S PROM NIGHT

MAY 16TH, 7:30 P.M.

START TEASIN' THAT HAIR AND JOIN US FOR A GREAT CAUSE AND A FANTASTIC NIGHT OF MUSIC AND FUN AS WE PUT ON A PARTY TO RAISE MONEY TO HELP YOUTH IN OUR AREA!

# LCARC Staff:

**Renee Dahm** - Membership/Reception

Andrew Diedrich - Health & Fitness

Lora Honstad - Housekeeping

Ralph Huls- Maintenance

Marcie Larson - Family Programs

**Katie Murphy** - Aquatics / Rentals

Ryan Yunkers - Executive Director

# **LCARC Board:**

Dennis McCoy - President
Pat Gengler - VP/Secretary
Jennifer Wiens - Treasurer

Meghan Peterson Tracy Nickels Dewey Escher

Tom Cooper Kiley Harguth



# **Registration Policy:**

Registrations can be made:

- · In Person
- · By Mail
- · Over the Phone (507) 726-6730



All programs require pre-registration unless otherwise specified. Payment must accompany all registrations.

No refunds will be processed after program has started. If program is cancelled because of bad weather or other reasons beyond LCARC control, and program cannot be made up, a credit voucher will be issued upon request.

Registration deadlines apply for some programs. Register early to avoid late fees and program cancellations. You are not registered until fee has been paid.

# Missions & Vision:

To provide the Lake Crystal and surrounding areas with a family-oriented recreational facility that will encourage people in all age groups to improve health and physical fitness through the use and enjoyment of a variety of recreational activities.



# The Facility:

- · Zero-depth entry, 6-lane lap pool with 102' waterslide, kid's play pool with slide, and hot tub
- · Gymnasium with 2 courts
- · Indoor Walking and Running Track
- · Weight Room with Free Weights, Fitness Machines, and Cardiovascular Equipment
- · Aerobics Room with spin bikes, TRX equiptment, kettle bells and more!

# **Business Hours:**

Monday-Friday: 5:30 a.m. - 9 p.m.

Saturday: 7 a.m. - 6 p.m. Sunday: Noon - 5 p.m.

# **Holiday Hours:**

Christmas Eve: Closed at noon

**Christmas Day: Closed** 

New Year's Eve: 5:30 a.m. - 5 p.m. New Year's Day: 7 a.m. - noon Sunday, Easter (4/12): Closed

Memorial Day Weekend (5/24-5/25): Closed

\*Always open for 24/7 Members!

# **24/7 ACCESS REACH YOUR** FITNESS GOALS *Anytime*

ADD 24/7 TO YOUR MEMBERSHIP FOR JUST \$48 - 1ST YEAR/ \$36 AFTER

# **Daily Admissions:**

Non-Member Admission	Adult	Senior/Youth*	Family*
Daily Pass	\$7.00	\$5.00	\$24.00
5 Punch Punch Card	\$33.00	\$23.00	
10 Punch Punch Card	\$64.00	\$46.00	
20 Punch Punch Card	\$120.00	\$90.00	
Daily Waterslide Pass	\$2.00	\$2.00	\$7.00
Spectator Fee	\$1.00	\$1.00	

\*Family waterslide rate is only valid when purchased with family day pass

\*Family - Up to 2 adults, 4 children of the same family

\*Senior - Age 65+

\*Youth - Age 18 and Under (Under 12 Months is free)

# Why purchase a Membership?

If you use the facility on a regular basis, having a membership at the LCARC is the most popular, cost-effective option. The membership includes daily access to the entire facility.

With several different types of memberships, we are sure to have something that works best for you and your family!





# **Senior Memberships:**

If your insurance provides Silver Sneakers or Silver & Fit you may be eligible for membership at a low co-pay or completely FREE. Check with your insurance provider!





# Check with your health insurance!

Did you know that your health insurance may reimburse you for regular use of LCARC? You can call your provider to learn if you quality for these benefits!

If your insurance provides Silver Sneakers, Tivity Prime, Silver & Fit or Active & Fit you may be eligible for membership at a low co-pay or completely FREE. Check with your insurance provider!

# Corporate partnership discounts:

Be sure to tell us where you work! We have numerous agreements with area businesses to provide discounted memberships to their employees. For exact rates, please call LCARC.

LCARC Corporate Members Receive a discount if you work at
City of Lake Crystal, Crystal Valley
Coop, TBEI, Crysteel Truck, Farm
Business Info., GM Contracting,
MinnStar Bank, Rescom Realty,
Blue Earth County or IFS.

# **Annual Membership Rates:**

	Ne	w	Ren	ewal
Membership Type	Annual	Monthly	Annual	Monthly
Family	\$675	\$65	\$638	\$61
Couple	\$593	\$57	\$559	\$53
Individual	\$430	\$41	\$403	\$39
Student	\$225	\$21	\$210	\$20
Senior	\$345	\$33	\$325	\$32
Senior Couple	\$465	\$45	\$439	\$41

Family: Limited to spouse or domestic partner and dependent children in school (age 1 to 24) residing at the same residence. Includes up to 8 family members. \$10 per each additional member.

Couple: Includes married or domestic partners residing at the same residence.

**Student**: Includes K-12 and college students. College students must show proof of enrollment.

Senior: Individuals age 65 and older.

Senior Couple: At least one person is over the age of 65 and couple is married or residing at the same residence.

# Add a 24/7 pass or a waterslide pass to your membership!

# **Additional Membership Types**

3 Month Memberships:		Walking Track Membership:	Cost:
Membership Type:	Cost:	Contract Length	
Family	\$255	1 Month	\$30
Couple	\$220	1 Year	\$190
Individual	\$160	3 Month Pool Membership	Cost:
Student	\$85	Membership Type	
Senior	\$130	Individual	\$55
Senior Couple	\$175	Family	\$110

<sup>\*</sup>Only annual memberships are eligible for health insurance reimbursement programs.

# **Swimming Lessons:**

LCARC offers Public and Private swimming lessons. Public lessons are held during the following dates and times. These lessons are for children only.

Please register for classes early as any class with fewer than 4 participants signed up will be cancelled.

Aqua Tots and Preschool lessons are 30 minute lessons, Level 1 and up are 40 minute lessons.



Saturday Lessons					
Session 1	Session 1: January 25th - March 14th				
8:00 - 8:30am	Preschool (Age 3)				
8:35 - 9:05	Preschool (Ages 4 & 5)				
9:10 - 9:50	Level 1				
9:55 - 10:35	Level 2				
10:40 - 11:20	Levels 3 & 4				
11:25 - 12:05	Levels 5 & 6				
Member Fees:	\$30 EarlyBird, \$35 after Jan 10				
Non-Mmbr Fees	\$45 EarlyBird, \$50 after Jan 10				
Session 2: Ap	ril 4th—May 30th (no class 5/23)				
8:00 - 8:30am	Aqua Tots				
8:35 - 9:05	Preschool (Age 3)				
9:10 - 9:40	Preschool (Ages 4 & 5)				
9:45 - 10:25	Levels 1 & 2				
10:30 - 11:10	Level 3				
11:15 - 11:55	Levels 4 & 5				
Member Fees:	\$30 EarlyBird, \$35 after March 13				
Non-Mmbr Fees	\$45 EarlyBird, \$50 after March 13				

# **Tuesday / Thursday Evening**

# Session 1: January 28th—February 20th

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5:30 - 6:00pm	Aqua Tots	
6:05 - 6:35	Preschool (Age 3)	
6:40 - 7:10	Preschool (Ages 4 & 5)	
Member Fees:	\$30 EarlyBird, \$35 after Jan 10	
Non-Mmbr Fees	\$45 EarlyBird, \$50 after Jan 10	

## **Private Swim Lessons:**

To register for private lessons, please call the LCARC to discuss scheduling and availability. These lessons are for people of all ages. All lesson fees must be paid in full upon the first lesson.

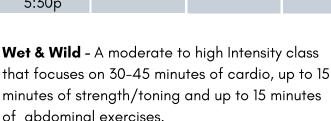
Members:	1 student \$75.00	2 student (together) \$112.50
Non-Members	1 Student \$90.00	2 Student (together) \$130.00

<sup>\*</sup>Lesson bundles are 4 for 45 mins or 5 for 30 mins each.

# **Water Aerobics:**

# **Water Aerobics Class Schedule:**

Mon	Tues	Wed	Thurs	Fri
	Wet & Wild 5:45-6:30am			
Aqua Fit 8:30-9:30a	Aqua Fit 8:30-9:30a	Aqua Fit 8:30-9:30a	Aqua Fit 8:30-9:30a	Aqua Fit 8:30-9:30a
Aqua HIIT 5:30p				



**Aqua Fit** - A lower intensity class consists mainly of muscle toning and flexibility with some cardiovascular work.

\*All skills can be modified/adjusted to meet the needs of each individual.

#### **Session Dates -**

Session 1: January 1 - April 30 Session 2: May 1 - August 31

Session 3: Sept 1 - Dec 31

#### Notes -

If there is bad weather, call the LCARC before arriving to be sure the instructor is able to make it to class.

Purchase a new punch card at the beginning of each session. The Unlimited Pass lasts the entire first session. Consider choosing the Monthly Payment Option to save \$16 a session.

Punches do not carry over to the next session. No refunds will be given on punches once the session has started.

# **Water Aerobics Punches:**

Punches:	Members:	Non-Members:
Drop In	\$3.25	\$6.00
2-10 Punches	\$2.75	\$5.00
11-20 Punches	\$2.50	\$4.50
21+ Punches	\$2.25	\$4.00
Monthly Payment Option	\$26/month	\$36/month
Unlimited Session Pass	\$120.00	\$160.00

<sup>\*</sup>Land Aerobics punches are the same.

# Swimming:

Lap Swimming is available daily. Swimmers during this time must be over the age of 18 as there are no lifeguards on duty. For exact dates and times, call the LCARC or check lcarc.com.

Do you wish you had better
technique?
Did you never learn to swim?
Private Swim Lessons could be
what you need!
For more information, visit page 21.

#### Waterslide:

The waterslide is only open on specific nights. Be sure that it is open if you plan use before arriving.

Everyone that goes down the slide must wear a wristband. Wristbands can be purchased at the front desk.

Daily Admission Wristband Cost: \$2 Annual Waterslide Cost: \$125 (In addition to membership)



## **Discount Night:**

Be sure to check us out on Monday nights during Discount Night! Daily Admission is HALF OFF for all who attend!

# Lifeguarding:

Looking for a fun and meaningful way to make some extra cash? Consider becoming a lifeguard at LCARC! Just fill out an application (found at LCARC) and ask about registering for a class. This rewarding experience will be great for your wallet and your resume!



# **Open Swim Schedule:**

Monday - Discount Night w/ Slide, 6 - 8:30 pm

Tuesday - Adult Lap Swim Only

Wednesday - 6 - 8:30 pm

Thursday - Adult Lap Swim Only

Friday - 3:30 - 5 pm & With Slide 6 - 8:30 pm

Saturday - With Slide 1 - 5 pm

Sunday - With Slide 1 - 4 pm

# **Holiday Open Swim Hours:**

Tuesday, 12/24: Facility closed at 5:00pm

Wednesday, 12/25: Facility Closed

Thursday 12/26, Adult Lap Swim Only

Friday, 12/27: Open Swim 1-5pm & 6-8:30pm

# **Extra Open Swim Hours and Events:**

Monday 1/20: Open Swim 1-4 pm

Monday, 2/17: Beach Party 1-4 pm

Friday, 3/13: Coin Dive, 3:30-5:30 pm

Friday, 4/10: Egg Dive 1-4 pm

Monday 4/27: Open Swim 1-4 pm





# **Aerobics Class Punches:**

Punches:	Members:	Non-Members:
Drop In	\$3.25	\$6.00
2-10 Punches	\$2.75	\$5.00
11-20 Punches	\$2.50	\$4.50
21+ Punches	\$2.25	\$4.00
Monthly Payment Option	\$26/month	\$36/month
Unlimited Session Pass	\$120.00	\$160.00

<sup>\*</sup>Water aerobics punches are the same.

# **Worksite Wellness:**

If you want to make a positive difference in the health of your workplace, Worksite Wellness is for you! The LCARC will design incentive programs, fitness classes, "Lunch and Learns", and even comprehensive worksite wellness programs and evaluations. Healthier employees are happier, more productive employees!

# **Important Information:**

Beginning January 1st we will be moving to a 3 session per year fitness schedule.

The end of each session (April, August, and December) will be accompanied by a transition week. During that week no classes will be held.

# Class Cancellation Policy:

Classes will be cancelled when school and roads are closed or when instructors aren't able to make it. For late starts or early releases, call the Rec Center or check our Facebook page to find out.





To save money on fitness classes consider signing up for our new monthly payment plan. You save \$16 per session!

Session 1: Jan 1 - April 30

Session 2: May 1 - August 31

Session 3: Sept 1 - Dec 31

## **WEIGHT ROOM ORIENTATION**

Do you have a 13-15 year old interested in using the weight room? Set up an appointment with the Fitness Coordinator to go through the orientation for free during her normal hours The cost is \$10 for scheduling outside of normal hours.

# **PHYSICAL THERAPY:**

Provided by Madelia
Community Hospital &
Clinic:

- Aquatic Therapy
- Sports Medicine
- General Orthopedics
- Graston Technique

Call 507-642-5211 to schedule an appointment

# PERSONAL TRAINING

**Program Personalization** 

**Body Composition Testing** 

**Lifestyle Tips** 

**Hands-on Training** 



# Personal Training Rates:

	Member:	Non-Member:	2 Members:	2 Non-Members:
1 Session	\$30	\$40	\$40	\$60
3 Sessions	\$85	\$115	\$114	\$144
5 Sessions	\$120	\$175	\$170	\$220
10 Sessions	\$225	\$300	\$320	\$420
20 Sessions	\$420	\$500	\$600	\$800

# **Beach Party**

Break up the cold, dry winter days with an afternoon spent at a Beach Party! Enjoy friends, fun activities, and treats at the LCARC Pool!

Date: Monday, February 17

**Time**: 1 – 4 p.m.

Cost: \$3/member, \$5 non-member **Includes**: Slide wristband & treat!

Registration: On-site.



#### **Coin Dive**

Are you feeling lucky? Then seek your pot of gold at this fun event! Search for coins in the LCARC pool and redeem prizes for your stash.

Date: Friday, March 13 **Time**: 3:30 - 5:30 p.m.

Cost: \$3/member, \$5 non-member Includes: Slide wristband & prizes!

Registration: On-site.

# **Egg Dive**

Come have egg-stra fun in the pool! It's our Annual crazy egg grab. Get a special treat for each egg you find!

Date: Friday, April 10

**Time**: 1 - 4 p.m.

Cost: \$3/member, \$5 non-member Includes: Slide wristband & prizes!

Registration: On-site.



# **Neon Night**

Prepare yourself for a fun Friday night! Neon night is filled with treats, fun activities, and time with friends and family. Come join us for a glow in the dark night at the LCARC pool! The lights will be low, so parents must be in the water with any children under the age of 7 years old. Wear a neon colored swim suit if you have one! No neon paint.

Date: January 10th **Time**: 6 - 8:30 p.m.

Cost: \$3/member, \$5 non-member Includes: Slide wristband & Fun

Activities!

Registration: On-site.







# Get locked in at the LCARC!

4 Hour Lock-In:

Includes: 2 hours of pool and slide access (must swim before midnight), gymnasium, community room, locker rooms, and lobby.

\$350 - 1-50 People \$450 - 51-100 People

Daytime & After Hours Available Call for Availability

Overnight Lock-In:
Great for After Prom, Graduation
Celebrations and Groups!
Available 9pm-6am.

\$550 - 1-50 People \$650 - 51-100 People

Call for Availability & Additional

Details

# SAIL-Stay Active & Independent For Life:

Designed for Seniors, this
FREE class has been proven to
increase bone density,
strength, and flexibility.
Energize and enhance your
well being with this bi-weekly
class. This osteoporosis
prevention exercise program is
open to men & women.

Brought to you by Common Good RSVP & the LCARC!

Date: Mondays & Wednesdays

Time: 9:30 a.m. Where: LCARC

No registration necessary







# LCARC Christmas PICKLEBALL TOURNAMENT

DECEMBER 28, 2019 | 9 AM TO 1 PM LCARC GYMNASIUM

Prizes for top Male and Female and to the player with the most Christmas spirit!



\$5 Per Player
Limited to 16 players
age 18 or older.
Beginners to advanced
players are welcome!

### Pickleball:

Full gym reserved for this activity. 3 courts.

Date: Mondays, Wednesdays, Fridays

Time: 9 - 11 a.m. Where: LCARC Members: FREE

Non-Members: Daily Admission

No registration necessary

\*Pick-up games whenever the gym is open. Daily admission applies.

# Pick Up Basketball:

Half Gym reserved just for this program.

Date: Wednesdays

**Time**: 6 – 8:45 p.m. (Full gym starts at 7

if available)
Where: LCARC
Members: FREE

Non-Members: Daily Admission

No registration necessary



#### LCARC Duathlon & 5K - Coming June 2020

Save the date and get your training started for the LCARC

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Duathalon or 5K!

Run a 5K, bike 13 miles, then run 2 miles. OR run just the 5K. Compete in the Duathlon as an individual or a team of two.

Follow us on Facebook, Instagram, and visit www.lcarc.com for more details.

#### Senior Series Lunch & Learn

These semi-monthly programs are geared toward adults 50+ and involves recreational, nutritional, educational and/or social components. Each Lunch & Learn has a different compelling topic specifically chosen for the interests and needs of our 50+ population.

A healthy lunch is provided (free-will offering) and the program is FREE.

This program is partially supported by Mayo Clinic Health Systems, MinnStar Bank and a grant from the Consolidated Communication Community Fund.

Most sessions are Wednesdays over lunch; stop by the LCARC for the full calendar.









When you need immediate care, how do you know if you should go to the emergency department or urgent care? Join Doni Walker Jackson, a physician assistant in family medicine at Mayo Clinic Health System, for an opportunity to discuss the best options for the right care at the right time. Doni will share insights on how to decide where to go if you need to be seen fast and answer other common health care questions.

Presenter: Doni Walker Jackson, physician assistant When: January 22nd, 11:45am-12:45pm



# February Senior Series



# You are invited to... **Advanced Care Planning**

Making medical decisions for others when they are no longer able to do so can be stressful and difficult. Doni Walker Jackson, a physician assistant in family medicine at Mayo Clinic Health System will discuss the importance of clarifying your wishes so that your caregivers and family can speak for you if you can no longer speak for yourself. She will highlight important areas to consider and provide copies of forms that can help with this decision making and documentation.

Presenter: Doni Walker Jackson, physician assistant, Mayo

Clinic Health System

When: February 26th, 11:45pm-12:45pm





# LCARC Fit Kids Program



A fun, openly structured recreation program for children ages 5-12 years. Weekly activities call attention to important social and intellectual skills to promote individual growth and respect for others. Children are given time to play, explore, and learn in a caring environment. All dates are consistent with LCWM Dist. 2071 no school, late start, and early out dates with the exception of major holidays. If school closes on an unscheduled date due to weather or other emergency, Fit Kids will close also.

# **School Year**

Monday-Friday, 2:45-6 p.m. Grades K-5 September 5th—May 29TH

Price per child	Member	Non-Member
5 Days/Week	\$35/wk	\$45/wk
4 Days/Week	\$26/wk	\$35/wk
3 Days/Week	\$20/wk	\$26/wk
2 Days/Week	\$15/wk	\$18/wk
1 Day/Week	\$10/wk	\$13/wk

After School Fit Kids At LCWM Elementary Monday-Thursday & LCARC Fridays Snack and busing provided.

Late Start Fit Kids

Member: \$10/child Non-Member: \$12/child Dates: 1/13,2/10.3/9.4/13,5/11 Snack and busing provided.

All Day Fit Kids Member: \$30/child Non-Member: \$35/child

Dates: 1/20,2/17,3/26,3/27,4/10. 4/27 On days when there is no school.

# Summer Program

Monday-Friday, 7a.m. - 6 p.m. Grades K-5 Begins June 1st, 2020

Registration applications will be available at LCARC starting on April 6th. Registration applications will be considered in the order they are received. Families involved with Fit Kids will be eligible for early registration.

Price per child	Member	Non-Member
5 Days/Week	\$110/wk	\$125/wk
4 Days/Week	\$100/wk	\$115/wk
3 Days/Week	\$80/wk	\$95/wk
2 Days/Week	\$55/wk	\$65/wk
1 Day/Week	\$30/wk	\$35/wk

# **Summer Program Requires:**

- · Water bottle
- · Gym shoes
- · Spray sunscreen to share
- · Swimming Suit
- · Additional fees for field trips

Contact Family Programs Manager Marcie Larson for more information at lcarcfitkids@gmail.com

# Room Rentals, Gym Rentals and Party Packages are available at the LCARC!

# For Availability

Call 507-726-6730, or email Katie at Icarcwellness@gmail.com for available dates. A \$10 non-refundable deposit is required to schedule all rentals.

Rates are effective as of January1, 2019 and are subject to change without notice



# **Bounce House Party Package**

Enjoy 2 hours in a party room, and 2 hours in a bounce house!

## **Bounce House Options:**

Basic Bounce House: \$175.00 Slide Bounce House: \$200.00 Inflatable Obstacle Course: \$225.00

# **Swim Party Package**

With the swim package you can enjoy 90 minutes in the party room, the swimming pool and slide during open swim (and the gym if available).

Bring in your own food and treats!
Includes 10 party participants and 2 chaperones.
Each additional person: \$2 member, \$5 non-,member, \$1 spectator.

Cost: \$75

Optional: Add a Bounce House for 1 hour!
Slide Bounce House: add \$100
Big Fun House: add \$125

Inflatable Obstacle Course: add \$150

# **CALENDAR OF EVENTS**

#### **December:**

- 6 Holiday Cookie Bake & Take CE
- 28 Pickleball Tournament LCARC

#### January:

- 7 Yoga Starts CE
- 7 Sketch Tiny Starts CE
- 10 Neon Night LCARC
- 15 Defensive Driving 4 Hour Refresher CE
- 20 Mt. Kato Tubing Trip CE
- 20 Extra Open Swim LCARC
- 22 January Senior Series LCARC
- 25 High School Driver's Ed Starts CE
- 25 Sat. Swimming Lessons Start LCARC
- 26 Winter Showcase CE
- 27 Early Childhood Screening ECFE
- 28 Tues./Thur. Swimming Lessons Start LCARC

#### February:

- 2 Softball Open Gym Starts CE
- 3 Intro To Plumbing CE
- 4 Children's Choir Starts CE
- 4 Connect 4 Tournament CE
- 4 3D Creatures Starts CE
- 7 Daddy-Daughter Dance CE
- 8 Mini Knights Baby Shower CE
- 11 Hablo Espanol Starts CE
- 17 Babysitters Training CE
- 17 MNSU Rock Climbing CE
- 17 Beach Party LCARC
- 18 Small Appliance Repair CE
- 20 Kindergarten Roundup LCWM
- 26 February Senior Series LCARC

#### March:

- 2 Early Childhood Screening: ECFE
- 2 Soccer Registration Night: CE
- 3 Fun with Acrylic Paint Starts CE
- 10 Freestyle/Greco Roman Wrestling Starts CE
- 12 Little Knights Preschool Open House ECFE
- 13 Mother-Son Sham Rock CE
- 13 Coin Dive LCARC
- 16 ECFE Classes Start ECFE
- 16 Summer Ball Registration Night CE
- 23 Industrial Welding Starts CE
- 27 Spring Carnival LCARC
- 30 Defensive Driving 4 Hour Refresher CE
- 31 Cats in the Moonlight Acrylic Painting CE

#### **April:**

- 4 Jungle Boogie ECFE
- 4 Saturday Swimming Lessons Start LCARC
- 7 Watercolor Pencil Pokémon CE
- 10 Egg Dive LCARC
- 17 Family Planetarium Night CE
- 18 Mom to Mom Event CE
- 24 Family Fun Night LCARC
- 27 Extra Open Swim LCARC

#### May:

- 3 Spring Dance Recital CE
- 16 80's Prom Night CE
- 21 Preschool End of Year Picnic ECFE

#### June:

- 1 Summer Fit Kids Starts LCARC
- TBD Duathalon & 5K: June 2020 LCARC